

Employee Assistance Program

State of California

What Is an Employee Assistance Program (EAP)?

EAP is a service designed to help you manage life's challenges. Everyone needs a helping hand once in a while, and your EAP can provide it. We can refer you to professional counselors and services that can help you resolve emotional health, family, and work issues. The following services, paid for by your employer, are available to eligible members:*

Clinical Counseling

Your EAP can provide an assessment, assistance, and referral to additional services when needed. Both face-to-face and telephonic counseling are available, and eligible members are entitled to a set number of counseling sessions per problem type, per benefit period, for a variety of issues, including:

- Alcohol Abuse
- Drug Abuse
- Marital, Registered Domestic Partnership, & Family Issues
- Emotional, Personal & Stress Concerns

Depending on your employment category, you are eligible for the following number of sessions:

Employment Category	Counseling Sessions Per Year (July 1 - June 30)
Level 1 Bargaining Units 5 and 7 employees and all exempt, managerial, supervisory and confidential employees of the California Highway Patrol. Bargaining Unit 7 employees (R07), managers (M07), supervisors (S07) and confidential employees (C07) in any other department. Bargaining Unit 6 employees (R06), managers (M06), supervisors (S06) and confidential employees (C06). Bargaining Unit 8 employees (R08), managers (M08), supervisors (S08) and confidential employees (C08) including seasonal and intermittent firefighters.	<ul style="list-style-type: none">• 7 sessions per problem type for employee• 7 sessions per problem type for spouse or registered domestic partner• 7 sessions per problem type <u>total</u> for dependent children
Level 2 All California Highway Patrol, Department of Forestry and Fire Protection (State Fire Marshall), and Department of Corrections and Rehabilitation employees (unless listed in Level 1 above).	<ul style="list-style-type: none">• 3 sessions per problem type <u>total</u> for the employee, spouse or registered domestic partner, and dependent children
Level 3 All other employees.	<ul style="list-style-type: none">• 3 sessions <u>total</u> for employee• 3 sessions <u>total</u> for spouse or registered domestic partner, and dependent children

When both spouses/registered domestic partners are State employees, spouses/registered domestic partners and family members are entitled to the counseling services under each employee's employment category. Group counseling sessions of standard duration with one counselor are counted as one session.

Work & Life Services

Telephone consultations are available for:

- **Legal Concerns** – Advice on family law, consumer issues, landlord/tenant disputes, personal injury, contracts, and criminal matters.
- **Financial Issues** – Help for budgeting, credit issues, and financial planning.
- **Child & Elder Care Assistance** – Help in identifying care-giving needs and options, and available community and financial resources.
- **Federal Tax Assistance** – Help with IRS audits, and unfiled or past-due tax returns.
- **Pre-Retirement Planning** – Lifestyle and financial guidance for planning a quality retirement.
- **Organizing Life's Affairs** – Help with organizing vital records and documents, or with arranging "final details" for a loved one.
- **Concierge Services** – Referrals for everyday errands, travel, event planning and more.

Online Member Services

Access EAP information and tools online. With the click of a mouse you can:

- Search for an MHN counselor
- Manage your stress with interactive tools
- Take a health risk assessment
- Ask our expert an emotional health question

The site also has information and tools on:

- Communication & Relationships
- Depression & Anxiety
- Substance Abuse
- Grief & Loss
- Personal Finance
- Child & Elder Care
- Health & Fitness

To access these services:

- Go to: <http://eap4soc.mhn.com>
- Register with the access code: **soc**

For a referral to a counselor, please call **(866) EAP-4SOC (866-327-4762)** for assistance.



If you need help, call this toll-free number
24 hours a day, 7 days a week:

(866) EAP-4SOC
(866) 327-4762

TDD callers can dial: **(800) 327-0801**



* Active State employees, their lawful spouse or registered domestic partner, and unmarried, dependent children are eligible. Dependent children include: natural, adopted or step-children who are under the age of 23. Children of any age who are incapable of self-sustaining employment due to a mental or physical disability are also eligible. Dependent children in the military are not eligible.